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Provincial Champs

► On home ice, the Drake Canucks captured the Senior A provincial title with a game two 5-4 victory over the Wynyard Monarchs. The championship made it back to back Senior A titles for Drake and for a number of players who were on the team last season. For others, it was their first Senior A provincial win as they joined the team this year. Pictured back row (left to right): Darren Blair, Duane McLaren, Bob Bergen, Karstin MacDonald, Austin Calladine, Nolan Blair, Emmett

Scheidt, Isaac Shacher, Catlin Gusikoski, Carter Hansen, Nayte Zip, Terrell Draude, Maguire Scheidt, David Stumborg, and Scott Blair. Middle row (left to right): Andrew Johnson, Zach Zadorozniak, Carter Coben, Maguire Blair, John Lawrence, Trey Daelick, Eric Roy, Austin MacDonald, Justin MacDonald, and Steven Toporowski. Front row (left to right): Calvin Bartel, Cameron Blair, and Travis Mayan. Missing: Mason Briske.

photos by Daniel Bushman

Canucks claim provincial title at home

■ Daniel Bushman

Seeking back to back Senior A provincial championships and with fans packing the Drake Sportsplex for game two, the Drake Canucks took aim at winning a second consecutive title on home ice. Just like last year's provincial win against Meadow Lake, the Drake Canucks sought a sweep against the high-flying Wynyard Monarchs Mar. 19. With a massive opening series win over Kindersley (3-2 and 4-1) followed by a deciding third game 7-3 victory over Hafford/Edam, the Canucks met Wynyard in the Senior A provincial final where they came back to edge the Monarchs in game

one 5-4. Looking to duplicate its opening game heroics from Wynyard, Drake played host for game two Sunday, Mar. 19 at 5 p.m. As was the case against Meadow Lake in 2022, spectators had to arrive early as hundreds of people took in the contest. With the arena buzzing well before game time, following warm ups and O Canada, the puck was dropped and game two officially got underway. Hoping to avoid a slower start like in game one, Drake found itself in penalty trouble early on. Wanting to even the series, the Monarchs went right to work on the power play as Kohl Bauml tallied just 1:36 into the frame. With Drake netminder



Calvin Bartel down to make the initial save, as players jostled for position near his crease, he ended up flat on the ice and well out of his net following the goal. After the marker, officials gathered to talk about whether a goaltender interference call should be assessed and the goal disallowed. Following a brief discussion, the goal stood and Wynyard led 1-0. Down by one, Drake looked to respond during a tense first period. Waiting for the

right break, with just over two minutes remaining, the Canucks had a great chance to tie the game. Unable to connect, a couple of players got caught deep in Wynyard territory and the Monarchs scooped up the puck and barrelled down the ice. With an odd-man rush, Josh Jordan and Kohl Bauml set up Jesse Forsberg in the high slot and he was able to make it 2-0 with 2:10 to play.  
(continued on page six: CHAMPS)

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## VISCOUNT

Sandra Reid • 306-227-1193

What an awesome picture Mary Joan captured from her yard. I was amazed to see the white fox was still hanging around, not only that, but it seemed to be friendly with the deer. Monday night, I did see the deer over by the car wash, but did not see

the fox.

The Viscount Central School Kindergarten class enjoyed some leprechaun fun with Mrs. Jantz.

We had a water line break in Viscount Mar. 17. It was in our area of town, so we managed to see some of the work that had to be done to do the repair. Amazing that a machine can dig down so far into the frozen ground. It was a long cold day for the workers, but much appreciated by the people in town to have our water turned back on for the weekend.

Monday, Mar. 20 (it was hard to believe that it was the first day of spring), the Blankets for Canada ladies had a very fun afternoon at the Viscount library. One of our 'old members' motored out from Saskatoon. She came out for a lovely visit



► Picture taken by Mary Joan Young in Viscount Mar. 19, 2023.

photo submitted

and stayed to sew with us, so there was much catching up to do. There were seven ladies busily working on blankets and we really did a lot of work! We are still trying to make adult-sized blankets as we know there is such a need still. Please feel free to drop in for a visit or even to sew with us Monday afternoons at the Viscount library. For more info, call or text Evelina at 306-281-8196.

Looks like it is very possible that the Easter Bunny will have to leave the eggs in the snow banks

this year. I am pretty sure that last year the yards were just about cleared of snow.

We are moving into the month of April with hopes of getting outside to enjoy some spring air and do some yard work. I believe two years ago we went camping at the end of April.

Have a great week. Please let me know if you have any news; I would love to share. You can reach me by emailing elr.slr@sasktel.net or phone 306-227-1193.

## YOUNG

Pat Bryson • 306-259-4860

It is calving time! Our cattle farmer friends will be feeling a bit sleep deprived as they have nightly checks on moms-to-be, sometimes even assisting with labour and delivery. Like many cattlemen, my Dad was filled with optimism at the sight of energetic spring calves. Going out to the corral and seeing a new calf brought deep satisfaction and renewed hope for another year.

The Young Parks and Rec online auction was a great success. Hats off to all the individuals who worked to make this happen; arranging a function of this size is time consuming and your organizational skills are second to none. Appreciation is extended to all who generously donated items. There were well over 100 articles up for grabs - something for everyone!

The Book Club is alive and well, enjoying the monthly discussions on their most recent read. The group has a few more books to read before they break for the summer months so come along and join in on the fun.

March came in like a struggling lion whose roar was much worse than its bite. We will see what Mar. 31 brings us. Hopefully it is a sweet little lamb.

Enjoy your week!

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**March 20**  
Jim and Irene Gray travelled to Unity Wednesday, Mar. 8 to visit Ben and MuLing Liang and grandma. It was an enjoyable day.

Thursday, Mar. 9, the Colonsay Fire Department was called out west of town at approximately 9:30 a.m. to battle a house fire. They had to call the Clavet, Bradwell and Sunset Estate (Blutcher/Aberdeen) fire departments for mutual aid and to haul water. The Walter family of Jeff and Carrie and four children escaped their house without injury; however, they lost everything. A GoFundMe page has been set up. Also, donations can be left at 124 Skye Dr. This is the third house fire for the Colonsay Fire Department this year. A family fundraiser night will be held at the Colonsay Community Hall Apr. 15 to help the Walter family. For more information contact Chantelle.

Get well wishes to Beryl Wieler who was in the hospital.

Saturday, Mar. 11, Judy Dieno celebrated her 75th birthday at the Colonsay Senior Centre. There was a large crowd of family and friends. Happy Birthday was sung and Judy acknowledged everyone for coming.

There will be a paint night at the Colonsay Community Hall Apr. 1. Call Kelsie Buckingham for details.

The Colonsay SCC is having a First Aid and CPR course at the Colonsay School Gym Apr. 1 and 2. An instructor from Saskatoon will be out. Course is for 15 years old and up.

Colonsay Fire and Rescue was called out at 10 p.m. Friday, Mar. 10 to a structure fire at a rural location. While en route, dispatch called to say it was an older shed that caught fire from some smouldering bales nearby and was not a threat to anyone. The fire crew was unable to get

close to the fire due to Mother Nature and drifting snow. Crew members grabbed shovels and rakes to keep the fire contained and under control. After 45 minutes the fire was out. There were no injuries.

Simply Kitchen is open again. Sara returned from a holiday in Hong Kong.

Joan Campbell spent the weekend of Mar. 11 and 12 in Saskatoon with her cousin Norma Sparrow. They had a great time visiting and watching the Brier on TV. They also attended a dinner theatre at McClure United Church. The dinner was excellent and the show Anne of Green Gables was great. It was a live musical show.

Jim Pulfer from Saskatoon presided at the Colonsay United Church service Sunday, Mar. 12. His daughter Rachel from Toronto also attended.

Wishing Emma Yausie from Saskatoon and formerly from Colonsay a happy 93rd birthday.

**March 27**  
Get well wishes to Brian Vowles who is in the hospital. Colonsay seniors donated \$111 to the Colonsay Food Bank and a box of food donations. This was collected while Simply Kitchen was closed. They also made a donation to the Colonsay Swimming Pool. Lauren Garner stopped by the seniors while they were playing cards Monday, Mar. 13. She brought a box of chocolates and said the money was able to buy a new diving board.

Once again Colonsay Fire and Rescue were out Tuesday, Mar. 14 on a very stormy day. Crews responded to a motor vehicle crash south of Hwy. 16. They also reminded people to slow down and to remember that travel was not recommended.

Saturday, Mar. 18, The Colonsay Community Hall was a great place to be. The Colonsay Lions held a chili cook-off. Seven cooks entered the challenge. The tables were full and the children were having a ball. It was the first real get-together since covid. There were three lucky winners. First went to Jeremy Barnecki, second to Jodi Breckner and third to Meagan Flanigan and her mother.

and advised he was under arrest. He did not comply with investigators and locked himself in a motel room. Further investigative efforts led to the arrest of Darbara Mann, following a brief foot chase.

Yorkton STRT, with assistance from the Canora RCMP and Yorkton RCMP Forensic Identification Services, executed a search warrant on the motel room and vehicle. Officers located the missing licence plate along with 28 assorted Saskatchewan and Ontario licence plates, all confirmed

to belong to the male. As a result of the investigation, 50-year-old Darbara Mann will be returned to Peel Regional Police Service to appear in court in Ontario.

Each winner was presented with a spoon trophy. The winners of the pic-a-prize draws were made. There were lots of winners. I was lucky to come home with three prizes. It was an enjoyable get-together.

It was nice to be able to watch the World Women's Curling in Sandviken, Sweden. The Canadian team representing us was Kerri Einarson from Manitoba.

The Colonsay Fire and Rescue is planning to hold its second annual supper and dance May 6.

The gift of a written note - It can be a simple "thanks for your help" note or a full sonnet. A brief handwritten note may be remembered for a lifetime and may even change a life.

Get well wishes to everyone who is not feeling well. There will be better days.

**SASK LOTTERIES** **Watrous** Town of Saskatchewan  
**REMINDER TO ALL LOCAL COMMUNITY GROUPS...**  
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**Please submit your follow-up reports to the Town Office by April 14, 2023.**  
If you have any questions, or need a follow-up form, contact Chelsea at 306-946-3369 or watrousrecreation@sasktel.net

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RCMP Report

RCMP receive report of abandoned storage unit

Melfort RCMP received a report of an abandoned storage unit Mar. 15. Investigation determined the items contained in it may have been stolen, potentially from Melfort and the surrounding area.

The items include semi parts including a bumper, light bar, body skirting and exhaust stack covers; a torque wrench; and two air exchangers. Melfort RCMP continue to investigate.

Anyone who is missing these items or has information about their origins, can contact Melfort RCMP at 306-752-6420. Information can also be submitted anonymously by contacting Saskatchewan Crime Stoppers at 1-800-222-TIPS (8477) or www.saskcrimestoppers.com.

Arrest made

Peel Regional Police Service requested assistance Mar. 17 from the Saskatchewan Enforcement Response Team in locating and apprehending Darbara Mann, who was wanted on a Canada-wide warrant from their jurisdiction for numerous charges. The Saskatchewan RCMP's Yorkton Saskatchewan Trafficking Response Team (STRT) started working to locate him.

At approximately 12:30 p.m., Yorkton STRT observed a vehicle parked at a motel in Canora, Sask. with its licence plate removed. Yorkton STRT

believed the vehicle to belong to Darbara Mann, and the removal of the licence plate was an attempt to conceal it from law enforcement. Darbara Mann was observed by investigators at the motel

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This free program is designed to allow for safe indoor walking and began at the beginning of October.  
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Please note that the Town of Watrous has an Animal Control Bylaw that prohibits dogs/cats from running at large. In accordance with the Bylaw any dog/cat caught running at large will be impounded and a fine will be issued to the owner. It is your responsibility to clean up any defecation on public or private property. Full bylaw is posted here:  
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**Coming Up: April 3**

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**Water Bill Schedule**  
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mailed out in first week of March  
**MARCH/APRIL:**  
mailed out in first week of May

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# Opinion



## Look What's Cooking by Laura Novecosky

### Dumplings for any kind of soup

#### Ingredients:

1 egg  
¼ tsp. salt  
½ tsp. baking powder  
½ cup milk  
1 ½ cups flour

#### Directions:

In small bowl beat egg, then add salt and baking powder while continuing to beat using a fork. Add milk and beat again. Add flour and make a very soft dough. Mix well, then drop into boiling soup in about ½ teaspoon size and cook for two to four minutes. You can also cook separately in boiling salted water and transfer to any soup when it is heated up. I have made dumplings for years but minus the baking powder - these make a wonderful soft dumpling.



Tips from  
Reena Nerbas

#### Dear Yvonne,

While many people know the great properties of egg whites, egg yolk is criticized as being a high cholesterol food. You can substitute the typical filling in devilled eggs with guacamole. Avocado adds colour and a unique flavour to the dish. Another filling option is potato salad; however, the mayonnaise ingredient will not be seen as a healthier option.

#### Dear Reena,

I would like to know if anything is added to butter these days to keep it from melting. Butter at room temperature used to spread very easily, but lately it actually tears up freshly sliced bread. Just curious. Thank you, Geni

#### Dear Geni,

Typically, only salt and food colouring is added to butter; check the wrapper to ensure that nothing else was added to the brand you purchase. Consider one or more of the following: purchase a French crock or a butter bell for butter storage, the butter bell works by immersing the small pot in cold water which creates a seal and keeps the butter cooler. The butter bell reminds me of the little water saturated clay disc that people often store in their brown sugar to prevent it from hardening; this is the same concept. Store butter in a cooler area of the kitchen (far away from the oven). Change butter brands and observe any differences.

#### Dear Reena,

In error I used a Magic Eraser on the touchpad portion of my microwave, which is not glass. It left a huge "smudge" that has been impossible to remove and I have literally tried everything . . . any hope? Pippa

#### Dear Pippa,

The Magic Eraser is a slightly abrasive product, it has been known to scratch paint off walls and finish off cabinets. Try wiping the touchpad with either household am-

## Solutions and Substitutions

monia, rubbing alcohol or mineral oil; rinse with water. If none of these products budge the mark, you may be left with permanent damage.

#### Dear Reena,

Is it possible to remove a stain from a recliner head rest? Thanks, Mel

#### Dear Mel,

For leather sprinkle a liberal amount of cornstarch onto the area, do not rub it in. Allow the cornstarch to remain for four hours to absorb the grease. Brush the cornstarch away and observe whether the stain remains. If a mark remains, carefully wipe the area with dish soap and water and leave to dry. If the mark is still there, purchase saddle soap or another leather cleaner to clean the area or contact a professional leather cleaner. Lastly, condition the leather so that it remains soft and flexible.

For fabric make a paste of baking soda and water, smear the paste onto the mark. Leave for a few hours. Remove the excess baking soda with a warm cloth. Let the area dry. If the stain remains, make a solution of one teaspoon Dawn dish soap and one cup water. Blot the stain. Rinse with white vinegar.

#### Unightly wall damage

Day to day household wear and tear is inevitable. When scratches and holes occur on drywall surfaces consider repairing the damage yourself.

- Purchase a small bucket of drywall compound from any hardware or department store.
- Use a metal or plastic spatula to smear a thin layer of compound onto the wall. I prefer plastic, as this reduces the surrounding paint from becoming scratched.
- Leave to dry.
- Apply another thin layer of compound.
- Leave to dry.
- Use fine sandpaper to sand the area until the area is smooth. Wipe with a damp cloth to remove fine dust.
- Paint the area.

*Note: Every user assumes all risks of injury or damage resulting from the implementation of any suggestions in this column. Test all products on an inconspicuous area first.*

Reena Nerbas is a popular motivational presenter for large and small groups; check out her website: reena.ca. Ask a question or share a tip at reena.ca

For Community Connection news,  
see pages two and three.

For Watrous Centre news,  
see page 18.

## Who will take a leap of faith?



### Neighbourly advice according to Ed

A spiritual column  
by contributor  
Raymond Maher  
www.accordingtoed.com

I hate to say goodbye when it is time to move away from family, friends, and home. Saying goodbye is never easy nor is the question of whether it is better to go or stay put. Moving

for me has always been a leap of faith.

Moving is easier if there are good reasons for leaving. Some of us old folks have to move on to a different lifestyle because we cannot manage anymore. When our idea of a healthy meal is a bowl of cereal, we may need someone to cook something more substantial. When pictures of the grandchildren are obscured by dust and we would go for a walk outside if we could find our house keys in the clutter, we may need a housekeeper.

Often, we resist moving

from where we are at present because what we know seems better than an unknown future. We do not want to give up our independence or admit that we need help. When to say goodbye and leave is a tough decision to figure out.

Abram was 75 years old when the Lord said he was to move on. Abram was to leave his country, kin, and family roots and go to a land that the Lord would show him. The Lord had big plans for Abram, but he must take a leap of faith to be part of the future God had planned for him.

Abram must leave

behind what was familiar and secure. He must trust that God would do for him as the Lord promised him. The Lord had promised him, "And I will make you a great nation, and I will bless you and make your name great so that you will be a blessing. I will bless those who bless you, and him who dishonours you I will curse, and in you, all the families of the earth shall be blessed." (Genesis 12:2-3)

God said to Abram to go, so he went. He departed from his home at Haran with his wife Sarai, his nephew Lot, his servants, and his

possessions. God led Abram to the land of Canaan. Abraham stopped at Shechem at the oak of Moreh. There the Lord appeared to Abram promising him, "To your offspring, I will give this land."

Abram trusted and obeyed God. Abram believed in the gracious or unconditional love of God. He put himself, his wife, his family, and his possessions in the hands of God. He trusted God when he was at Haran and he trusted God to lead him to a new place to live. Abram was and is the father of all who rely on God's love and

blessing wherever they may be. Their security is in God, not themselves.

Abram was certain God would do right by him and his family. Abram needed no say in where God would lead him. He trusted God's control of his life. Abram believed God when God told him, "To your offspring, I will give this land." The fact that Abram had no offspring then did not cause Abram to doubt God. Abram trusted the love of God to use himself to become a blessing for all the peoples of the earth. He knew God was able to do what He promised.



Daniel and Kim Bushman, publishers and editors

Laurie Regier, typesetter/customer service

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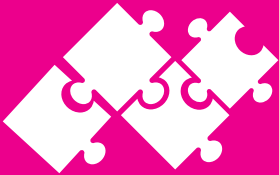
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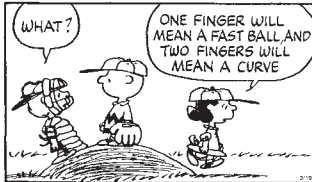
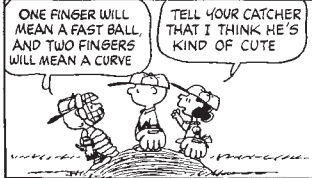
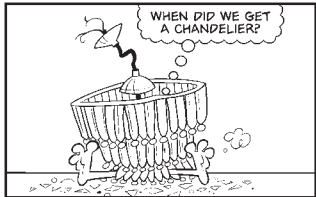
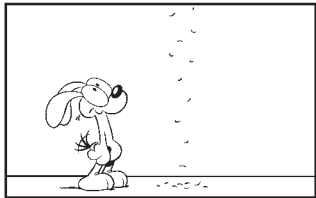
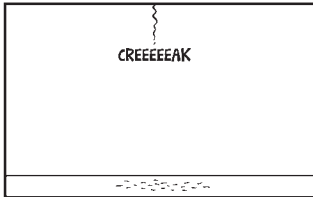
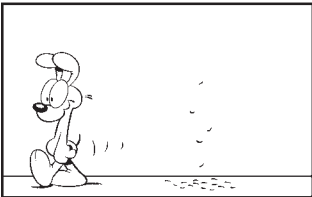
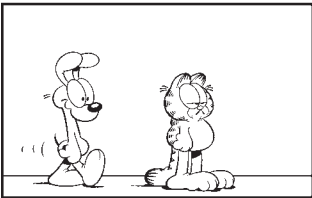
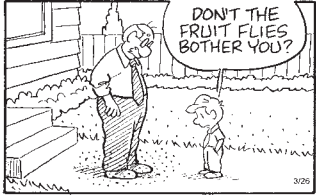
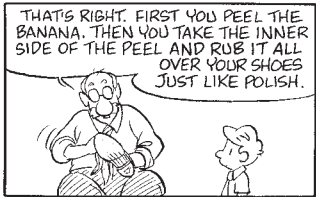
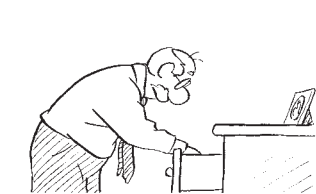
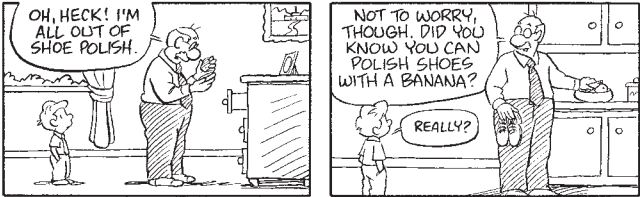
#### USA: \$143

(Prices include GST)

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# Comics AND Puzzles



## UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

	6			8	7			2
	3		1	2		9		6
		2		6			8	
1								
	7	9		8	6			
								5
	7			1		4		
5		4		9	6		2	
6			8	4			9	

DIFFICULTY RATING: ★★★★★



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Proud Sponsor of the Comics and Puzzles

### Universal Crossword

Edited by David Steinberg March 26, 2023

#### ACROSS

- 1 Vegetable in rosolje or borscht  
5 "Let the Dogs Out?"  
8 "OOH, mine!"  
12 Dishonest person  
13 Timely benefits  
15 Muslim leader  
16 Aptly named autopilot in "Airplane!"  
17 "Over the Rainbow" composer  
18 "This looks like trouble ..."  
19 "Where was my mistake?"  
22 Word after "pig" or "bull"  
23 Extra WNBA periods  
24 Brief org.  
25 Badminton court divider  
26 Call for pizza, say  
28 AAPI Heritage Month  
30 Campfire treat  
32 \_\_\_\_\_ and Bass (apt name for a seafood restaurant)  
33 Auditors' agcy.  
34 Buffalo groups  
35 Like a bug in a rug  
36 Bothered incessantly

#### DOWN

- 38 Parking place?  
39 "All right, we get it!"  
42 "So Fine" (Chiffons tune)  
43 Organ for appreciating organ music  
44 Name also spelled with "ea" or "haw" in the middle  
47 Holey kitchen item  
51 Complete package  
56 Sonoran greeting  
57 Artifact  
58 Snow queen of Arendelle  
59 At any time  
60 Island country north of Libya  
61 Resounding defeat  
62 Patch up  
63 Lustrous quality  
64 Part of the Timberland logo

- 8 Chanel rival  
9 "Thank you for the recognition"  
10 When everything goes perfectly  
11 Certain vehicle emissions exam  
13 Worm on a hook, e.g.  
14 One may pooh-pooh cheap wine  
20 Fish found in a 2016 sequel  
21 Do, as the dishes  
27 Waffle brand  
29 Zone  
31 \_\_\_\_\_ Verde  
36 National Park Developmental standards  
37 Where to keep what you'd rather not keep  
40 "Nope"

- 41 Only four-letter Great Lake  
44 Forceful push  
45 "To \_\_\_\_\_" (Poe poem written, oddly enough, for Jane)  
46 Gold star, e.g.  
48 Movie critic  
49 Medal-worthy mettle  
50 Come next  
51 They/\_\_\_\_\_ pronouns  
52 Chef \_\_\_\_\_ Chase, aka the Queen of Creole Cuisine  
53 Woods who said "I don't need back-ups. I'm going to Harvard."  
54 Internet destination  
55 Fence opening

FOR ANSWERS TO SUDOKU AND CROSSWORD, SEE PAGE 18

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www.upuzzles.com

### Themeless Sunday 28 by Adrian Johnson

1	2	3	4		5	6	7		8	9	10	11
12					13			14		15		
16					17					18		
19				20					21			
22				23			24				25	
26			27			28	29		30	31		
32						33			34			
35					36			37		38		
	39			40					41			
				42			43					
	44	45	46					47		48	49	50
51						52	53	54				55
56					57					58		
59					60					61		
62					63					64		

(from front page: CHAMPS)

Despite the late period marker, the Canucks quickly replied, connecting with one minute left as assistant captain John Lawrence made it 2-1. With the crowd in a frenzy, the volume was turned up even louder as the Monarchs were assessed a penalty which carried over into the second period.

As teams left the ice following the opening 20 minutes, spectators remained where they were so as not to lose their spot. Following a flood, the two clubs returned to the ice and

the Canucks took aim at tying the game on the power play. With shots all knotted up at 10 a piece through the opening frame, after the puck dropped to signal period two, Drake headed right into Monarch territory. Going to work with the man advantage, 57 seconds after the middle stanza started, the Canucks connected as Travis Mayan scored from Isaac Schacher and John Lawrence to make it 2-2.

Back to even on the scoreboard, momentum shifted Drake's way and they began to take over in the shot department. Despite out shooting Wynyard in the early going of the second period, the Monarchs were able to collect the next goal as Alex Forsberg slid one past Bartel with just under 14:30 left to retake the lead.

While the Canucks found themselves down, once again it did not take long for a reply. With 13:52 left on the clock, Eric Roy received a feed from Travis Mayan and he blasted the puck into the net to tie the game at three.

A physical contest throughout, things continued to heat up in period two as Wynyard was assessed five penalties while Drake received two. Putting the teams four on four for part of the middle frame, each had more space to maneuver. With players from both sides coming and going to the penalty box, the Canucks eventually would get a power play and went to work. With 12:38 left, just 1:14 after Roy's goal that tied the game, the defenceman spotted Blair and the captain pushed his team ahead.

Leading 4-3 and outshooting Wynyard 17-12 to that point, Drake remained on the power play. Working in the Monarch zone and with 11:06 on the clock, Blair once again got the puck from Roy, this time at the side of the net. With the goalie and a pair of defenders anticipating a shot from the

blueliner, Roy instead sent it to Cameron, fooling everyone, and Blair made no mistake to give his team a 5-3 lead. With the secondary helper going to Mayan on the club's fifth goal, the trio of Cameron Blair, Eric Roy and Travis Mayan all contributed on the last three markers, coming in a span of 2:54.

Up by a pair, Drake held Wynyard off the scoreboard for the remainder of the frame and at the buzzer outshot its opponent 23-20 through 40 minutes and 13-10 in period two.

Knowing there was just 20 minutes remaining and hoping to secure the win, the Canucks came out focused in the third. With Roy and Schacher controlling the puck, the pair were able to take valuable time off the clock for a good portion of the period. With good puck movement and playing more cautiously, Drake kept the contest in hand until late in the stanza.

With less than three minutes to go, the Canucks were assessed three high sticking calls, one with 2:39 to play, a second with 2:29 on the clock and a third with 1:04 to go. Those would put the team down two players and provide the Monarchs with the opportunity they needed to tie the game.

Hoping to notch a pair of goals while looking for a third, with less than two minutes to play, Wynyard tugged its netminder to make it a six on three advantage. Hemming Drake in its own end, the Monarchs connected with 1:40 to go as Alex Forsberg and Jesse Forsberg set up Parker Thomas to make it 5-4. Still with a power play, Wynyard took aim at tying the game and 40 seconds later, would be aided by a high sticking infraction to Drake.

On pins and needles and up by one, the home fans nervously watched from the stands as the Canucks went down two players with 1:04 remaining. Having only three defenders on the ice for Drake, a flurry of chances by Wynyard put everyone on high alert. Filling their lanes and with Bartel standing tall in net, the Canucks were able to get possession of the puck, clearing the zone. With time running out, the Monarchs gave one last effort but Blair snagged the puck and drove deep into the opposing end, pinning himself in the corner and letting the clock wind down.

At the buzzer, the Drake Sportsplex erupted as the Canucks secured a thrilling 5-4 win, sweeping Wynyard in the Senior A provincial final to collect a second straight championship on home ice.

With sticks and gloves flying in celebration and fans cheering on their team, the win marked Drake's second

(continued on page seven: CHAMPS)

## EMPLOYMENT OPPORTUNITY RM OF USBORNE NO. 310

**The Rural Municipality of Usborne No. 310 invites applications for an Administrative Assistant to cover a 1-year maternity leave effective April 1st, 2023.**

Ideally this is a full-time position but Council will consider a part-time applicant dependent on qualifications.

**The ideal candidate will:**

- Have knowledge of local governance issues
- Be proficient in computers and spreadsheets
- Have basic accounting skills
- Be a quick learner
- Confident working alone
- Experience in municipal administration is preferred

A benefits package, municipal employees' pension plan, and competitive salary will be offered in accordance with qualifications and experience.

To be considered for this position, please submit a cover letter with salary expectation, start date and available hours, along with your resume outlining your qualifications and experience by **April 6, 2023**. This position may be filled prior to the closing date if a suitable candidate is retained.

**If you require more information, please contact the municipal office.**

Rural Municipality of Usborne No. 310  
Box 310, Lanigan, SK S0K 2M0  
Ph: 306-365-2924 • Fax: 306-365-2129  
Email: rm310@sasktel.net

*We thank all applicants for their interest in this position; however, only those candidates selected for interviews will be contacted.*

## DUST CONTROL NOTICE

RM of Usborne No. 310

The RM of Usborne No. 310 will be applying calcium chloride at yard sites this spring.

This product is available to Usborne ratepayers only, for roads within RM 310 jurisdiction, at an approximate cost of \$0.34 per litre. There is also a fee of \$0.68 per metre for site preparation.

Please visit [www.rmusborme.ca](http://www.rmusborme.ca) for dust control policy details, including staking desired areas.

In order to receive product, you **MUST** contact the office at **306-365-2924** or **rm310@sasktel.net** to be put on the list prior to **Friday, April 7<sup>th</sup>, 2023 at 12:00 p.m. (no exceptions)**

# HEALTH 2023-24 BUDGET

**A record \$6.9 billion health budget ensures Saskatchewan's health system is making investments that work for everyone.**



- \$55.5 million as part of Government's nearly \$100 million commitment to recruit, train, incentivize and retain healthcare workers and physicians in communities across the province
- \$39 million increase for initiatives to help seniors age within their communities and provide the supports they need
- \$42.5 million to address surgical wait times by adding 6,000 more procedures
- An additional \$7 million for more specialized medical imaging procedures, allowing 10,500 CT and 4,700 MRI scans
- \$8.8 million to enhance and stabilize emergency medical services in rural and remote areas including support for an additional 33.19 full time equivalent positions in 27 communities across the province
- \$12.4 million increase for a record \$518 million for mental health and addictions

**The 2023-24 budget will hire more healthcare professionals, perform more surgeries, improve emergency medical services, and strengthen the healthcare system across our growing province.**

(from page six: CHAMPS)

ever Senior A provincial title. In recognition of the effort from both sides, provincial plaques were handed out, and a banner and trophy were presented by Hockey Sask General Manager Kelly McClintock.

The win at home gave Drake its 13th senior title, previously winning Senior A in 2022, Senior B in 2012, Senior C in 2010 and 2005, and Senior D in 2013, 1996, 1995, 1994, 1990, 1978, 1976, and 1974. While no other team in Saskatchewan has won A, B, C, and D, according to Hockey Sask, Drake ranks only behind Kindersley (15) and Shellbrook (14), and now tied Wilkie (13) for total overall senior titles.

Winning five of those championships for Drake as a player and now five as a coach, Duane McLaren said being able to go back to back in Senior A was a special feeling. “It is pretty amazing but we have lost enough times over the years where it feels almost like a bit of relief to win.”

With a pair of power play markers in the final game, Cameron Blair said it was exciting to win the championship. “We were going through a lot of teams each series and it could’ve went either way. We were down against Kindersley in game one and were short players in game two. Hafford/Edam took us to three games and against Wynyard, we were down two goals in both games and found a way in each game to come back and win. It is always exciting to win and pretty special to do.”

Reflecting back on the provincial run, McLaren shared that while every round was tough, game two against Kindersley was a key part of the team’s provincial success. “I feel that game is where the team figured out what it would take to win and they bought in. That was probably the turning point for the whole run.”

Comparing last year’s Senior A title to this year, McLaren noted the biggest difference was the team and the new guys that came in. “They fit in unbelievably and I think that has something to do with the dressing room we had. Everybody fit in and worked hard towards the same goal.”

Blair also shared how the group comprised of different players from the Long Lake Hockey League came together quickly. “We have had quite a run in with the Foam Lake guys over the past few years since they joined the LLHL and it was nice to play alongside them instead

of against them. As soon as they said they were on board, they were all in. They were coming to every practice and in the city, did everything as a group. It is tough to come together and be such a tight-knit team in a little run like this but I think it would be fair to say we all came together and we all had the common goal and we got it done.”

The captain also noted the importance of people stepping up when players would go down to injury. “David Stumborg, a vocal leader and superstar defenceman, broke his hand in game one of provincials and everyone else on the backend bought in and pulled together to make up for David’s ice time. In game three against Edam/Hafford, Maguire Scheidt hurt his shoulder taking a hit to make a play to help us punch our ticket to the final. Without guys being able to pay the price and step up for the guys who got hurt along the way, we would not have won anything. It says a lot about the character of the guys in the room.”

Another one of those leaders who has been a big part of the team over the years is netminder Calvin Bartel. On the provincial winning squad last year, Bartel was unable to dress in the final game against Meadow Lake but this year got the opportunity to do so and made the most of it.

“You could tell through the whole provincials he was dialed in this year,” said McLaren who started the netminder every game. “He was getting that last start no matter what.”

Making key saves during the run to the title, once the final buzzer sounded and Drake captured its second straight championship on home ice, Blair knew exactly who was getting the trophy first.

“That was what I wanted to do last year because he had been here for a long time. I know it is not easy being a goalie sometimes where maybe there are nights where you are sick and can’t play but you still go in the net. He toughed it out this series and even against Kindersley for game two, I didn’t know how he could play but he found a way and stood on his head. To be able to hoist the trophy first, he is a big part of this team and the community.”

Along with Bartel’s tremendous effort in net, McLaren also echoed similar praise about his captain. “You know you are getting 110 percent every night from him and I think that kind of drives everybody else also.”

That was evident in the last game as the

Canucks battled back from a deficit and then were able to take the lead courtesy of Blair’s two power play markers and hold on for the victory. “That was a very tough game,” said McLaren. “Especially when most of our players know a lot of their players. They really wanted to win and they were going to do whatever it took.”

Applying pressure right through the contest, special teams were a factor and at the end of the day, Blair remarked it worked out in Drake’s favour. “In the second period, it was power play, penalty kill and back and forth. It felt like the period took an hour although it was tough to complain about how good our power play was rolling. But at the end of the game when we got into penalty trouble, it was pretty crazy. You definitely gripped the stick a little tighter

at the end.”

As the seconds ticked down and the final buzzer went, once the celebration began, having his dad, uncle, brothers and Trey Daelick, who is also part of the family on the team was something Cameron will remember for a long time. “It was pretty special to win it with them. It was fun and really awesome.”

With another banner going up in the rink and smiles from those who packed the Drake Sportsplex, both the head coach and captain acknowledged the tremendous support from the fans and community throughout the season.

“Our fans have always been very good,” stated McLaren. “They support, they help

(continued on page 19: CHAMPS)

RM OF PRAIRIE ROSE NO. 309  
EMPLOYMENT OPPORTUNITY  
PERMANENT EQUIPMENT OPERATOR  
Starting Wage: \$28/hr (no experience)

The RM of Prairie Rose is a predominantly agricultural municipality located in east central Saskatchewan. The municipality is a progressive employer that offers employees a quality work environment and excellent wages and benefits.

Work to commence ASAP. Preference will be given to applicants who are able to operate a grader, loader, tractor with mower, scraper, etc. A valid driver’s licence is required. 1A or 3A endorsement would be an asset.

Duties include, but are not limited to:

- Mowing ditches
- Culvert and sign installation and maintenance
- Equipment maintenance and repair
- Duties as directed by the Foreman and Council
- Grading of Municipal Roads

Interested individuals should submit their resume including driver’s abstract, qualifications, work experience and three work references prior to **April 14, 2023** to:  
RM of Prairie Rose No. 309, Box 89, Jansen, SK S0K 2B0  
Email: rm309@jansen.ca

RM OF PRAIRIE ROSE NO. 309  
EMPLOYMENT OPPORTUNITY  
PERMANENT FULL-TIME WORKING FOREMAN  
Starting Wage: \$38/hr (for qualified applicants)

The RM of Prairie Rose is a predominantly agricultural municipality located in east central Saskatchewan. The municipality is a progressive employer that offers employees a quality work environment and excellent wages and benefits.

The position includes leading an outside workforce of 2-3 employees in the day-to-day operations of the municipality, municipal contact for Contractors and the Municipal Engineer in capital projects and liason with the reeve, council and administration staff.

Key responsibilities include, but are not limited to:

- Provide hands-on leadership by establishing clear expectations
- Demonstrate high standards of work practices
- Co-ordination of day-to-day operations of the municipality
- Schedule workloads to maximize productivity and efficiency and quality of work
- Lead by positive example and encourage improvement in shop operations and practices
- Manage training needs, performance evaluations and guidance sessions
- Time card management
- Promote and participate in workplace safety and best practices

The candidate must possess:

- A valid class 5 driver’s licence, Class 1A would be an asset
- Mechanical skills - heavy duty mechanic experience would be an asset
- Knowledge of and ability to operate graders, scrapers, tractors and other light, medium and heavy equipment
- Self-motivation and the ability to manage multiple projects over the construction season
- Leadership, supervisory, organizational, communication and record-keeping skills

Applicants are invited to submit a resume including:

- Past and present work experience
- Education and skills
- Years of experience in construction/ municipal fields
- Current driver’s abstract
- Three references

Applicants are invited to submit a resume **prior to 4 p.m. on April 14, 2023** to:  
RM of Prairie Rose No. 309, Box 89, Jansen, SK S0K 2B0  
Email: rm309@jansen.ca

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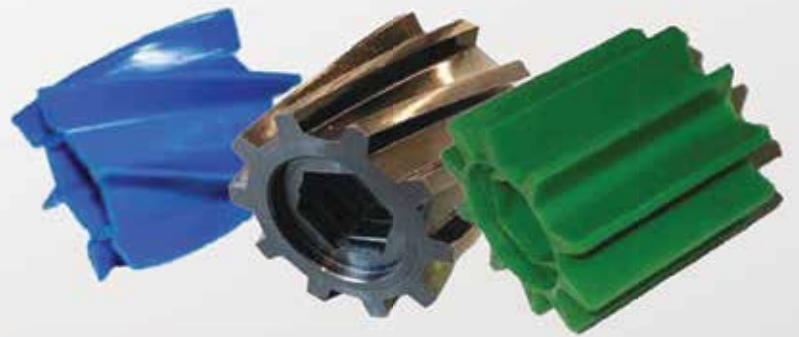
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# Seeking successful seeding season

■ Daniel Bushman

While there still remains a lot of snow on the ground making seeding season seem like quite some time away, producers are gearing up for what they hope is a prosperous 2023.

Nicole Montreuil, Government of Saskatchewan Crops Extension Specialist Regional Services Branch, Ministry of Agriculture graciously took some time out of her busy schedule to share about how harvest went in 2022 and what conditions look like heading into seeding.

**How did harvest go as a whole for the local area?**

Harvest overall went well in the Lanigan and Watrous areas. Lanigan area received more moisture in season so yields were higher in that area with farmers reporting mostly above average yields. Watrous area saw a bit dryer conditions and yields were seen around average. Grain prices were high so most farmers were still happy with the year in central Saskatchewan.

**Following harvest and the snow over winter months, what are fields looking like right now?**

Moisture levels right

now in the Lanigan area are looking high. Based on our snow water equivalent maps for Mar. 15, 2023, Lanigan area has greater than 120 mm of snow water equivalent. The Watrous area and south doesn't have quite as much and is sitting between 100 to 120 mm. Fields currently are still very snow covered and a significant melt has not happened yet.

**Has the winter been positive for producers or is there some concern?**

Winter has been positive overall for producers as there were mild temperatures and lots of snowfall. Grain prices are starting to drop so that seems to be the only concern as input prices are increasing/staying quite high.

**When does seeding usually start and where are things at in that regard?**

Seeding usually starts the first week of May around the Lanigan area. Around Watrous and a bit south of there, sandier soils can be found so seeding may get going a bit sooner due to faster dry up. As far as seeding start up, there is still large amounts of snow in the fields and in yards and equipment is still stuck

in the snow for now.

**As we move closer to seeding, what are some things that you would like to share with producers?**

As seeding approaches I would recommend farmers get their bin run seed retested before seeding to make sure no significant changes happened over the winter and also so they can know their disease load and type of seed treatment they should be putting on. A list of accredited seed testing laboratories can be found on the Canadian Seed Institute page.

Things are still uncertain with Lambda-cyhalothrin for 2023 so check out a PDF that Sask Pulse, Sask Wheat, Sask Barley and Sask Canola put together on key pests, their thresholds and alternative foliar and seed treatment insecticide options. It can be found on any of the commodity group websites.

**Is there anything else you would like to add?**

Check out the Ministry of Agriculture's calendar of events and follow us on Twitter and Facebook as we post often about events and other crops related information. Along with that, if you are interested in any previous

webinars we have done, all of the recordings can be found on our website, saskatchewan.ca. Just search webinars in the search tab. I also encourage you to check out Sask Ag Now, Saskatchewan Agriculture's blog on all things agriculture. This can also be searched at saskatchewan.ca.

We also need help for our field surveys this summer. Information from

these surveys is used by our provincial specialists and researchers at AAFC and the U of S. The Ministry of Agriculture has moved to a permission-based survey system. This means that we need the help of growers to get this important work done. Please read more and sign up at Pest Monitoring in 2023 or search pest monitoring 2023 on our saskatchewan.ca website.

Save the date for our team's large summer extension meeting – Crop Diagnostic School 2023 at the Indian Head Agricultural Research Foundation July 25 and 26, 2023.

For more information, contact your local regional office, or the Agriculture Knowledge Centre at 1-866-457-2377 to get in touch with your local Regional Crops Extension Specialist.



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# Carlton Trail 4-H Club general leader receives prestigious award

■ Daniel Bushman

With a passion for the agriculture industry and wanting to pass along his knowledge to the next generation, Carlton Trail 4-H Club general leader Shawn Bartel was recognized with the 2022 Saskatchewan 4-H

Provincial Leader of the Year Award.

Spotlighting volunteer leaders who are the biggest champions of the 4-H program through their support and guidance, only one recipient in Saskatchewan is named for the prestigious honour each year. Through a letter

describing the 4-H leader's service to 4-H and the impact they have had, including club involvement, 4-H involvement, community involvement, length of involvement, leadership, and how much the members have learned and developed as a result of the leader, when the nomination for

Bartel was chosen, he was honoured.

"It's very humbling to know that someone took the time to nominate me for this award and appreciated my contributions to the club, which a lot of times as a volunteer often goes unnoticed."

Raised on a farm just outside of Drake before moving back to Watrous 16 years ago when he and wife Allison purchased the Watrous Animal Hospital, Shawn was already familiar with 4-H, participating in it when he was younger. So when his kids, Cade, Kaylin and Mesa began showing an interest in agriculture, Bartel wanted to provide them with a similar opportunity he had.

Getting involved with the local 4-H club nine years ago when his son Cade's passion in the cattle industry and show cattle began taking off, three years later Shawn became the general leader. Overseeing all of the projects within the Carlton Trail 4-H Club including dairy, beef, horse, sheep and event planning, as the general leader, Bartel has been kept busy.



►Pictured: Shawn Bartel receives a certificate for the Saskatchewan 4-H Provincial Leader of the Year Award. photo submitted

"When I started as a general leader, our club only had a beef component but since then has grown to include all the other projects. I spend a lot of my time working with the kids in the beef, horse and sheep projects, as those are the projects our own kids are involved in. I oversee the monthly general meetings and assist in the individual project meetings. It's everything from helping the kids with their animals and

their bookwork, managing finances, booking and organizing events, submitting registrations and so much more."

With such dedication and passion in helping the next generation, Shawn was notified in late November he had been selected as the province's recipient for the leadership award. A few months later,

(continued on page 11: BARTEL)

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(from page 10: BARTEL)

Bartel was recognized during a virtual 4-H Canada leadership awards ceremony and then Mar. 18 attended the 4-H Saskatchewan awards where he received his certificate.

“The 4-H program is an extraordinary program; however, it takes a lot of dedicated adults to lead the young members,” said the 4-H volunteer and full-time rancher who operates Twin Creek Stock Farm. “I am very privileged to have a great group of adults assisting me as project leaders, and my recognition reflects back on them as well and all they do to make this club successful.”

Sharing why 4-H is a great program for kids to learn about different projects, Bartel said, “There are 63 projects available to do from photography to rabbits, woodworking to beef, horse or sheep. It utilizes a workbook for the members to learn about the area or interest. For most of our members with animal projects they learn about the industry. Everything from animals to husbandry, nutrition, cost of production and health.”

Explaining how 4-H teaches youth to be

part of a group, help one another and work together in teams, Bartel said, “The kids are responsible to run the meetings and hold the executive roles. It strengthens their public speaking abilities as that is a core component. It creates connections within the industry for young kids, as they start their lives, many often become long-lasting relationships as they grow into adults. These kids, through this program, learn a lot about responsibility. They develop good work ethics. They “learn to do by doing” as that is the 4-H motto.”

Along with Bartel receiving the Provincial Volunteer Leader of the Year award for Saskatchewan, other recipients from across Canada included: Joyce Kelly of Edson 4-H Multi Club, Alta.; Dr. Kathy Wilkins, Northumberland 4-H Veterinary Club, Ont.; Amanda Hamilton-Seward, Windygates 4-H Beef Club, Man.; Gillian MacDougall, Shawville 4-H Club, Que.; Gail Wallace, Kensington 4-H Club, PEI; Christine Moutray, Vanderhoof 4-H District Council, B.C.; and Alain Blanchette of New Brunswick’s Irishtown 4-H Club was named the 2022 4-H National Volunteer Leader of the Year.

# Spring is around the corner!

## Be safe out there!



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# Local area 4-H leaders honoured

■ submitted by Nathan Kirzinger/Viscount 4-H Club Reporter

At the 4-H Saskatchewan Annual General Meeting Mar. 18, several 4-H leaders were recognized for their exemplary contributions. Two of these admirable volunteers were former leaders of the Viscount 4-H Beef Club, Harvey Welter and Tracy Fitzsimmons.

For the past 40 years, Harvey Welter has been an influential figure in the Viscount 4-H Beef Club. Between the years 1982 and 1998, he served as the club's general leader. Mr. Welter remained an active volunteer after this time by supporting events such as the club's annual Achievement Day and by being a valuable source of marketing information. On top of supporting 4-H on a club level, he also sat on the Steer Sale Planning Committee for the Prairieland Junior Ag Showcase for 12 years and judged numerous cattle shows. Without Harvey Welter, the Viscount 4-H Beef

Club would not be what it is today and that is why he was inducted into the Saskatchewan 4-H Hall of Fame.

Tracy Fitzsimmons received the Saskatchewan 4-H Builders Award and could not have been more deserving. Between the years of 2012 to 2021, she volunteered as the club's general leader, assistant general leader and project leader for numerous different projects. In addition, she was an important figure in establishing the club's constitution and has used her experience to help other club leaders. Both her positive attitude and passion for the program drove Tracy to become an effective and knowledgeable volunteer, which is what made her a deserving recipient of this award.

Because of the efforts of volunteers such as Harvey Welter and Tracy Fitzsimmons, the Viscount 4-H Beef Club and youth associated with it would not have able to prosper for the 66 years of its establishment.



► Pictured: Harvey Welter, Thelma Howard, and Tracy Fitzsimmons. photo submitted

# Taking Care Of You: Self Care On The Farm

■ written by Lesley Kelly, Farmer and Co-Founder of the Do More Agriculture Foundation

Let's clear up one common misconception from the get-go: Self-care

is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and

you can do all the things you need to and want to accomplish in a day.

If you think you've been hearing more about self-care now, you're right. According to Google Trends, the number of searches for "self-care" has more than doubled since 2015. The well-being of farmers is key to a healthy agricultural sector. Yet, according to Farm Management Canada's Healthy Minds, Healthy Farms research conducted in 2020 found that 45 percent of farmers have high stress levels and research from the University of Guelph found that almost 60 percent of the 1,100 farmers were classified with varying levels of anxiety and 35 percent with depression.

"Self-care is part of the answer to how we can all better cope with daily stressors," explains Jan Thorson, the Executive Director of

the Saskatchewan Mobile Crisis Services and who leads the Saskatchewan Farm Stress Line. It's farm and work stress. In farming, it's the stress of factors outside of our control while also trying to keep up with the pace of daily life. "We are feeling lonelier and less able to unwind and slow down with mounting farming pressures of finances and workload, which can make us feel more anxious and overwhelmed by even the simplest tasks. Make time to have fun. We grown ups are not very good at that, and it is really important," shares Thorson.

**What Is Self-Care, and Why Is It Critical for Your Well-Being?**

Several organizations and researchers take a health-oriented approach when defining self-care. The World Health Organization defines self-care as: "the ability of individuals, families, and

communities to promote and maintain health, prevent disease, and to cope with illness and disability with or without the support of a healthcare provider."

According to this definition, self-care includes everything related to staying physically healthy — including hygiene, nutrition, and seeking medical care when needed. It's all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

As self-care has become more mainstream, the definitions have started to become more applicable to the general public and tend to focus on tuning in to one's needs and meeting those needs. "Self-care is anything that you do for yourself that feels nourishing," says Thorson.

"That can be something that's relaxing or calming, or it can be something that is intellectual, spiritual, physical or practical

or something you need to get done. Self-care is all the steps you take to tend to your physical and emotional health in the ways you are best able to do so," she says.

Self-care requires checking in with yourself and asking yourself how you're doing and what your body's asking for. Some people use it to deal with difficult challenges, others just to maintain their happiness day to day.

On the other hand, self-care does not mean the same thing for everyone. Different people will adopt different self-care practices, and even your own definition might change over time. "What is self-care for one person will likely differ from someone else, and what's self-care for you one day might not feel like self-care another day," Thorson says.

**Types of Self-Care**

There are a few different categories of self-care:

(continued on page 13: SELF-CARE)



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(from page 12: SELF-CARE)

- Physical self-care, such as prioritizing sleep, mindful movement or exercise, and choosing healthy and nourishing foods.
- Emotional self-care, such as positive self-talk, hot showers, saying “no” to things that cause unnecessary stress, giving yourself permission to take a pause, enjoying an activity or hobby in peace, or setting up a weekly coffee with a friend or neighbour.
- Spiritual self-care, such as attending a religious service, spending time in nature, meditating or breathing exercises, incorporating regular acts of kindness into your day, or keeping a gratitude journal.

How to Start a Self-Care Routine

To get started with a self-care routine, researchers suggest:

1. Determine which activities bring you joy, replenish your energy, and restore your balance.
  2. Start small by choosing one behaviour you’d like to incorporate into your routine in the next week.
  3. Build up to practicing that behaviour every day for one week.
  4. Reflect on how you feel.
  5. Add in additional practices when ready.
  6. Get support through sharing practices from loved ones, friends, a coach, a licensed professional (like a therapist or dietitian), etc.
- Practicing self-care doesn’t need to be a heavy lift

right out of the gate. Here are a few ideas to ease you into your self-care journey:

- Journal.
- Start each day by paying attention to your breath for five minutes and setting intentions for the day.
- Eat breakfast.
- Reflect on what you’re grateful for each night.
- Put your phone on airplane mode for a half hour each night and excuse yourself from the notifications.
- Call a friend just to say hello.
- Take up a relaxing hobby, even for a few minutes each day or week to start.
- Create a bedtime routine (no screen time for 30 minutes prior, shower, drink a glass of water, etc.).

If you read this and feel a sense of sadness or overwhelmed from challenges mounting or establishing a self-care practice, it’s best to get help and support. There may be barriers to caring for yourself from past trauma, mental health issues, or family or farm situations that may be making it more challenging to get started. Seek support from trusted counsellors and behavioural health providers (like therapists), a trusted primary care doctor, or a close friend.

The bottom line: Self-care can have a positive effect on your health and outlook, but it requires a commitment or intention to invest in your well-being. “Self-care is a choice that each individual can make to proactively take care of their well-being. We need

to remove the stigma that being kind to and taking care of ourselves is self-indulgent or selfish,” Thorson says.

If you or someone in your family or farm team are going through a hard and stressful time, reach out to a professional. For local crisis contacts and resources visit <https://www.domore.ag/crisis-contacts>.

# Beating Burnout on the Farm

■ written by Lesley Kelly, Farmer and Co-Founder of the Do More Agriculture Foundation

Burnout is more than just feeling tired at the farm. It’s an emotional, mental, and physical reaction to constant stress. When farm demands and pressures constantly pile up, it takes a toll on you. You might start to feel unappreciated, overworked and irritable.

Burnout is a thief of energy and productivity and can spread into your personal life. You might come home feeling completely drained and dread the next day. You feel you have nothing left in your tank or you simply stop caring.

If you are feeling this way, you’re not alone. Many farmers in Canada are on the verge of burnout, according to a study conducted by the University of Guelph in Ontario, putting farmers at risk of developing chronic diseases and mental health challenges. The study found that nearly half of participants felt ineffective, disengaged or

overextended.

In farming, one of our values is hard work. Maybe in the past, you were told that you needed to work seven days a week, 12 hours or more per day, so that’s what you’ve always done.

Maybe you think or feel you have no choice but that if you want to be

successful, you simply have to work yourself to the extremes to get ahead.

And maybe, the exhaustion and stress has become so normal that you don’t know anything different.

That’s why it’s so important that we talk about burnout in

agriculture.

Because it’s not healthy to work this way. When stressors and pressures mount over time, we become burnt out which comes with feelings of helplessness and extreme

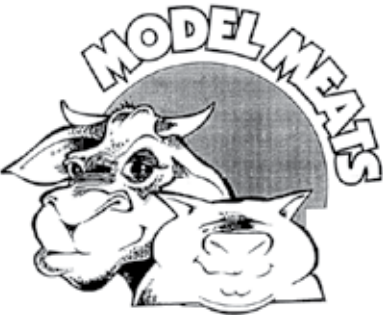
(continued on page 14: BURNOUT)



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(from page 13: BURNOUT)

exhaustion. Overall, this leads to serious implications for productivity, labour retention and for the success of the farm and industry as a whole.

The good news: You can be successful without being constantly tired, stressed, and irritable (in fact, you'll probably be much more successful when you get yourself out of burnout).

What is burnout and how do you know if you've got it?

Burnout is a form of exhaustion caused by constantly feeling swamped. It's a result of excessive and prolonged emotional, physical, and mental stress. In many cases, burnout is related to one's job or responsibilities. Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with the farm and life's incessant demands.

Possible causes of burnout

- Lack of control. An inability to influence decisions and outcomes that affect your job, such as markets, weather, etc. — could lead to burnout. So could a lack of the resources you need to accomplish tasks on the farm.
- Dysfunctional workplace dynamics. Perhaps family and/or work relationships leave you feeling undermined or a partner micromanages your work. This can contribute to job stress.
- Extremes of activity. When a job on the farm is monotonous or chaotic, you need constant energy to remain focused and engaged — which can lead to fatigue and job burnout.
- Lack of social support. If you feel isolated on the farm and in your personal life, you might feel more stressed.
- Work-life imbalance. If your work at the farm takes up so much of your time and effort that you don't have the energy to spend time with your family and friends, you might burn out quickly.

Signs of burnout

- Have you become cynical or critical at work?
- Do you drag yourself to the farm and have trouble getting started?
- Have you become irritable or impatient with your partner, kids, or farm employees?
- Do you lack the energy to be consistently productive?
- Do you find it hard to concentrate?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits changed?
- Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?
- If you answered yes to any of these questions, you might be experiencing burnout.

Tips on stress and burnout

1) Recognize the early warning signs

- One of the most dangerous aspects of burnout is that it impacts self-awareness. When you're in it, you're running on adrenaline, and the momentum feels so exhilarating that you end up adding more and more to your plate. But once burnout hits, it can take months to overcome. So what early signs should you look out for? Here are some of the subtle cues that you might need to reassess how much you're taking on:
- Basic activities like going to the grocery store or moving a piece of equipment feel overstimulating.
  - You feel so overwhelmed you've started to cut activities you know are good for you (e.g. exercise or alone time).
  - You're saying "yes" even though you're already at capacity.
  - You find everyone and everything irritating.
- We're quick to ignore these signs, but they're important alarm bells.
- 2) Learn to draw—and respect—your own lines
- Here's a secret of adulthood: No one else is going to draw your lines for you. You may sometimes wonder: Why don't the people who love me help me not overdo it? Often, it's because

they want you to be successful. And a marker of success in our society is being busy. They may be just as busy as you. Or they may not even know what your boundaries are. It takes courage to say no and stick to it without feeling guilty. Your capacity is also going to be different from everyone else's. Remember that behind every no is a deeper yes, even if that yes is just to yourself.

3) Reduce your stimulation level

When your body is under threat from being too busy or mentally pressured, it releases stress hormones that increase your stimulation level making it hard to relax or sleep well at night. To prevent being overstimulated, do some exercise or try deep breathing and other relaxation techniques.

4) Prioritize Activities You Enjoy

Outside of the farm, it may be helpful to fill your life with activities that are relaxing or bring you joy in some way. This strategy can help you remind yourself that there's life outside of your job and the farm. Depending on the activity, it may also help you relieve stress, improve your physical health, help you form new social connections, or offer other benefits. Something involving physical activity could be a way to reap benefits like these, such as joining a gym, or a sports team, or taking up a hobby.

5) Seek Support

Burnout may cause mental and physical tension as well as difficult feelings like frustration, being overwhelmed, or fear. To recover from this experience, it may be useful to find someone with whom you can express, and work through these emotions. Trusted family and friends may provide a listening ear and compassionate advice. Or, you might consider seeking the guidance of a trained therapist. They can help you identify, interpret, and manage your feelings, as well as develop skills for opportunities like self-care and communication.

If you or someone in your family or farm team are experiencing signs of burnout or stress, reach out and call the Saskatchewan Farm Stress Line at 1-800-667-4442.

# WSA issues spring runoff forecast

media release

The Water Security Agency (WSA) released the Spring Runoff Report

for 2023. The information gathered in this report is based on conditions as they were on Mar. 1, 2023. Moisture conditions

across southern province where drought Saskatchewan were conditions were prevalent. generally dry at freeze-up in 2022, particularly from below normal over the west side of the much of southwestern

Saskatchewan (other than a small pocket in the extreme southwest south of the Cypress Hills where the snowpack is well above normal), to well above normal through much of central Saskatchewan. The agency does not anticipate flood-related issues even in areas where above normal runoff expected, assuming near normal conditions going forward.

Warmer than seasonal temperatures resulted in near complete melt of the snowpack over a large area of southern Saskatchewan, including areas north of the Cypress Hills and much of the Old Wives Lake Watershed. With variable moisture conditions at freeze-up, mid-winter melts and a variable snowpack, the runoff potential for the province also differs

significantly. In the north, near normal snowmelt runoff is generally expected, other than an area from Stoney Rapids down toward Buffalo Narrows where below normal snowmelt runoff is predicted. In the south, above normal snowmelt runoff is expected in a band extending from Lloydminster east to the border, due to well above normal snowpack. Below to well below normal snowmelt runoff is expected over much of southwest and southcentral Saskatchewan. The exception is south of the Cypress Hills where, with a heavy snowpack, above normal snowmelt runoff is expected. It is important to note that this forecast is based on conditions as of Mar. 1.

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# “Notices Classified”

AND

## Obituary



**CRAWFORD, Allan Bruce**  
July 2, 1932 -  
Mar. 13, 2023

Allan Crawford, aged 90 years, passed away at Royal University Hospital, Saskatoon, Sask. on Monday, March 13, 2023.

Allan was born on July 2, 1932 to Hugh and Cora Crawford in Davidson, Sask. Allan grew up farming with his dad and six brothers. He left school at age 15 to start his own farm. Allan married Shirley A. Taylor on July 4, 1959 and they made their home in Simpson, Sask. A daughter, Lezli-Jo, followed in 1960. Another daughter, Janice, was born in 1961 and then a son, Rodney, in 1969. The winters of 1963-1965 were spent in Toronto where Lezli-Jo attended the Metro Toronto School for the Deaf. The winters of 1966-1979 were spent in Saskatoon where all three children attended school. Allan worked a variety of jobs during many of these winters. Allan, Shirley and Rodney moved to the Simpson farm in 1980 to reside year-round. Winters then became a time of travel for Allan and Shirley, with many spent in Arizona. The family cabin at Weyakwin Lake was purchased in 1977 and many enjoyable days were spent there with family and friends. Allan retired from farming in 2000 after 53 years of working the land. Family, farming and community were very important to Allan. He thoroughly enjoyed a game of crib, fishing when he could, and rarely missed coffee row. Allan's kindness, generosity and sense of humour will be missed by all.

Allan is survived by his children: Lezli-Jo (Kenton) Trofimenkoff; Janice Crawford; Rodney (Tanis) Crawford; and his grandchildren: Jennifer Assie; Shane (Megan Primeau) Trofimenkoff; Travis (Elizabeth) Trofimenkoff, Allandrex, Denzara and Zandre Crawford; his brothers: Harold, Glenn (Onagh), Roy (Marilyn) and sister-in-law Shirley Crawford; and many nieces and nephews.

He was predeceased by his wife Shirley, granddaughter Kara-Jo Trofimenkoff, his parents, Hugh and Cora, his brother George and wife Janet, his brother Gordon and wife Margaret, his brother Ralph, and his brother-in-law Alex Sarson.

A celebration of life service was held at Simpson Community Centre on March 18. Celebrant was Rod Crawford.

Honorary pallbearers were Allandrex Crawford, Denzara Crawford, Zandre Crawford, Shane Trofimenkoff, Travis Trofimenkoff and Jennifer Assie. Colleen Hunt and Janet Crawford were register attendants. Ushers were Blair Crawford and Hugh Crawford. Rod Crawford gave the eulogy.

Interment will take place at Simpson Cemetery at a later date.

Memorial donations directed to Simpson Fire Hall or Simpson Cemetery Fund would be appreciated.

To leave online condolences, tributes or to make a donation, please visit <https://fotheringham-mcdougall.com/>



## Thank you

The family of Allan Crawford wish to thank everyone who supported us through the loss of our father. Thank you for the texts, emails, cards, phone calls, flowers and food. Thank you so much to all those who attended the service, many of you travelled a long distance. The support of family, friends and community meant a great deal to us. Special thanks to the folks who helped us with the service: at the guest register Colleen Hunt and Janet Crawford; the ushers Hugh Crawford and Blair Crawford; the Simpson Homemakers for the delicious lunch. We also extend thanks to Al at Fotheringham's for guiding us through the process. Your kindness and thoughtfulness has made a difficult time a bit easier.

- Lezli-Jo, Janice, Rod and our families

## In memory



**KESSLER** - Dr. Ben, Mar. 6, 1942 - Mar. 26, 2018:

An understanding heart,  
An intelligent mind,  
We miss you Dad.  
You were one of a kind.  
- Linda, Andrea, Paula, Kane, Ireland and Kingston.

**SATHER** - In loving memory of Jean, a dear mother, grandmother and great-grandmother, who passed away Apr. 2, 2020:

Our hearts are full of memories  
We treasure them with care  
That you had to leave us  
Will always seem unfair  
Sad are the hearts that love you  
Many the tears that fall  
Living our lives without you  
Is the hardest part of all  
In all that life has been  
And all that's left to do  
We will never have a greater gift  
Than the time we spent with you.  
- Forever in our hearts. Love always, Milton, Judy, Alan, Calvin, Laurie and families.

**SAWA** - In loving memory of our dear mother, grandmother and great-grandmother, Ann, who passed away Mar. 31, 1989:

We will always remember the yesterdays,  
You filled with love and care,  
The peace and comfort we always felt,  
Just knowing you were there.  
In your heart was love and understanding  
In your voice we heard wisdom and praise  
In your eyes we saw kindness and caring  
These will be with us all of our days.  
You shared our hopes, our joys, our tears  
Thank you, Mom, for those wonderful years.  
- Sadly missed and ever remembered with love, your family.

*Obituaries can be found on  
our website.  
Go to [www.twmnews.com](http://www.twmnews.com)*

## NOTICES



SASKATCHEWAN  
LIQUOR AND GAMING  
AUTHORITY

### APPLICATION FOR LIQUOR PERMIT

Under the provisions of *The Alcohol and Gaming Regulation Act, 1997*  
Notice is hereby given that **Hello Forks Burgers** has applied to the Saskatchewan Liquor and Gaming Authority (SLGA) for a **Special Use** permit to sell alcohol in the premises known as **Manitou Beach Golf Course**.

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address, and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:  
**Saskatchewan Liquor and Gaming Authority**  
**Box 5054, Regina, SK S4P 3M3**

14-2c

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**LONG LAKE TRUCKING**, Imperial, Sask. Custom hauling of hay. Ph. cell 306-567-7100./11tfc

## WANTED

**WANTED:** Rock rakes, rotary rock pickers, tub grinders, MF #36 discers, square balers, dead tractors. Any condition. Ph. 306-946-7923./3-16p

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## REAL ESTATE

**ACREAGES FOR SALE** west of Young. MLS® SK903805 Allan-Mayer Farm listed at \$419,900. 24.62 acres. 5 bedrooms, 2 bathrooms, 1,692 sq. ft. bungalow, 40' x 60' metal clad shed/workshop. MLS® SK911514 Allan SE Acreage listed at \$379,900. 17.66 acres. 4 bedrooms, 2 bathrooms, 22' x 28' double detached garage, 52' x 60' heated workshop, 18' x 36' outbuilding for storage. Call Ed Bobiash at RE/MAX Saskatoon 306-280-2400 or visit [saskfarmland4sale.com](http://saskfarmland4sale.com) for more information./13tfc

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**Early deadline for all advertising and news for the Apr. 10 paper is Wed., Apr. 5 at NOON.**  
**TWM will be closed Friday, Apr. 7.**  
**Phone 306-946-3343**  
**email [twmadvisorsales@gmail.com](mailto:twmadvisorsales@gmail.com)**

## NOTICE OF PREPARATION OF ASSESSMENT ROLL VILLAGE OF YOUNG

Notice is hereby given that the assessment roll of the Village of Young for the year 2023 has been prepared and is open to inspection in the office of the assessor from:

9 a.m. - 4 p.m., Monday to Thursday (*inclusive*)  
March 27, 2023 to April 25, 2023

A bylaw pursuant to section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his or her assessment to the board of revision is required to file his/her written notice of appeal with:

**The Assessor, Village of Young,  
Box 359, Young, SK S0K 4Y0, by April 25, 2023.**

Dated this 22<sup>nd</sup> day of March, 2023  
Roberta Crittenden, Assessor

## NOTICE OF PREPARATION OF ASSESSMENT ROLL RM OF WOOD CREEK NO. 281

Notice is hereby given that the assessment roll for the RM of Wood Creek No. 281 for the year of 2023 has been prepared and is open to inspection in the office of the assessor from 9 a.m. to 4 p.m. on the following days: Monday to Friday, March 24<sup>th</sup> to April 24<sup>th</sup>, 2023.

A bylaw pursuant to section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person wishing to discuss the notice of assessment or potential appeal may contact the assessor at:

**The RM of Wood Creek No. 281, Box 10, Simpson, SK S0G 4M0.**

A notice of appeal, accompanied by a \$200 appeal fee which will be returned if the appeal is successful, must be filed with:

**Kristen Tokaryk, Secretary of the Board of Revision  
Western Municipal Consulting LTD.  
PO Box 149, Meota, SK S0M 1X0,  
by the 24<sup>th</sup> day of April, 2023.**

Dated this 24<sup>th</sup> day of March, 2023  
Darlene Mann, Assessor

## NOTICE OF PREPARATION OF ASSESSMENT ROLL VILLAGE OF VISCOUNT

Notice is hereby given that the assessment roll of the Village of Viscount for the year 2023 has been prepared and is open to inspection by appointment only, in the office of the Assessor on:

Monday to Friday  
9 a.m. - 12 p.m. and 1 p.m. to 5 p.m.

March 22, 2023 to April 21, 2023

*To book an appointment please contact  
the village office at 306-944-2199*

A bylaw pursuant to section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his/her assessment or classification to the board of revision is required to file his/her notice of appeal with:

**The Assessor, Village of Viscount,  
Box 99, Viscount, SK S0K 4M0, by April 21, 2023.**

Dated this 21<sup>st</sup> day of March, 2023 at Viscount, SK  
Cyla Quiring, Assessor

# blanket classifieds

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### COMING EVENTS

61st DRAGGINS CAR SHOW - April 7 and 8 at Prairieland Park, Saskatoon. Check out the "Battle of the Automotive Technicians"! Draggins Rod & Custom Car Club. Visit our website; Draggins.com.

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Email: brydenconstruct@xplornet.ca  
www.brydenconstructionandtransport.ca

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## LEGAL

### MAH LAW OFFICE

**Ben Mah,**  
B.A., LL.B.

Box 580 308 Main St.  
Watrous SK S0K 4T0

PHONE: 306-946-3512

FAX: 306-946-2277

benmah@sasktel.net

TUES: 10 - 1  
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### MURRAY TRUNKS

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P.O. Box 1198

Phone **306-946-2068**

Fax **306-946-2059**

**Monday: 9-12 1-5**

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## MASSAGE THERAPY

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RANDY'S REMEDIAL MASSAGE Therapy, Watrous. Motor veh. accident and work related injuries welcome. Gift certificates available. Flexible hours: Mon. - Wed. 9 a.m. - 10 p.m.; Thurs. - Fri. 9 a.m. - 5 p.m.; Saturdays by pre-booked appointment. Call Randy Deneiko, 306-946-2605./40-24p

WATROUS MASSAGE, 311 Main St., Watrous. Featuring massage therapy, hot stone massage, vacuum cupping and Theralase low level laser treatment. Treatments are done by MTAS registered massage therapists. For an appointment Tuesday - Friday Kyla McDonald, RMT, MTAS at 306-946-2141 or Monday and Saturday Cassie Vanthuyne, RMT, MTAS at 306-946-8589. Direct billing available./40-24p

## PHOTOCOPYING

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**The Watrous Manitou**

**309 Main Street**  
**Watrous**

**Ph: 306-946-3343**

ADVERTISE YOUR BUSINESS or professional service in our directory. Six month and yearly rates available. Call 306-946-3343.

## The Watrous Manitou

has space for you to feature your business or service in the Business/Community Directory.

309 Main Street, Watrous

Ph: 306-946-3343

Fax: 306-946-2026

twmadvisorsales@gmail.com

**Business and Community**  
**Directory continued on**  
**Coming Events page**

Business and Community Directory

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**RE/MAX**

REALTY EXECUTIVES WATROUS, residential, commercial and farm listing. 108 Main St., Watrous, Sask. Full-time real estate service. Ph. Avril Reifferscheid 306-946-8520./40-24p

**TIRE & BATTERY SERVICE**

INTEGRA TIRE WATROUS. Supplying all of your tire needs including on the farm and in the field service. 601 - 4th Ave. E., Watrous. Ph. 306-946-3055 or after hours 306-946-8893 or 306-946-2421./7-24p

**Watrous Tire & Battery (1996) Ltd.**

**Goodyear Tires ~ Batteries**  
~ complete tire and battery repair service, vulcanizing, retread ~  
"On the Farm, In the Field Tire Service"  
3rd Ave. W., Watrous  
**306-946-3543**

ADVERTISING DEADLINE for each Monday's paper is the previous Wednesday at 5 p.m. Call 306-946-3343 or email twmadvisorsales@gmail.com

**TOWING**

HOOK & TOW PRAIRIE SERVICES. 24/7 emergency services. 306-917-8069. www.hookntow.ca /11-24p

**VETERINARIAN**

WATROUS ANIMAL HOSPITAL  
707-4th Ave. E., Watrous across from Melron Services. Dr. Allison Bartel and associates. Large and small animal practice. Open Monday to Friday, 8 a.m. to 5 p.m. On-call after hours. Ph. 306-946-3657, Fax 306-946-3605./40-24p

**WORSHIP**

**As We Worship**

**ST. ANN'S CATHOLIC CHURCH, Watrous**  
• St. Patrick - Young  
• St. Pius X - Imperial  
Rotating Services  
Call 306-946-3630  
For weekly schedule

\*\*\*

**PHILADELPHIA MENNONITE BRETHREN CHURCH**  
Pastor Darren Holland  
Office: 102 - 5th Ave. West  
306-946-3785  
Sunday School ..... 10 a.m.  
Worship Service ..... 11 a.m.  
Website pmbchurch.ca

\*\*\*

**ANGLICAN/LUTHERAN CHURCH SERVICE**  
Watrous  
306-946-8450  
306-535-7379  
Mar. 26, Apr. 2 & 23 ..... 10:30 a.m.  
All Saints' Anglican Church  
Apr. 9 & 30 ..... 10:30 a.m.  
Our Redeemer's Lutheran Church

\*\*\*

**WATROUS BAPTIST CHURCH**  
201 - 2nd Ave. W., Watrous  
Pastor Alex Brown  
306-836-3019  
Worship Service ..... 10:30 a.m.  
Prayer Meeting Tuesday 7 p.m.  
Bible Study Thursday 10 a.m. & 7 p.m.

\*\*\*

**WATROUS-YOUNG PASTORAL CHARGE**  
502 Main St. Ph. 306-946-3592  
Sunday Worship  
Watrous United Church  
11:15 a.m.  
Young United/Lutheran Shared Ministry  
9:30 a.m.

\*\*\*

**PRAIRIE HARVEST CHAPEL**  
An Assembly of Bible Believers  
Nondenominational  
Manitou Springs Resort Conference Room  
Everyone Welcome  
Service 10:30 a.m. Sunday morning  
Bible study 7 p.m. Wednesdays  
in Watrous  
Pastor John Dueck  
Ph. 306-360-0833

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or email  
watrous.manitou@sasktel.net to  
arrange your  
advertising.

**The Watrous Manitou**

Coming Events

**MARCH**

**Watrous and Area Arts Council**

**Gallery on 3<sup>rd</sup>**  
presents  
"A Journey of Sisters,  
The Art Show"  
featuring  
Trish Spencer, painter  
and Colleen Kirkham,  
woodcarver

Mar. 24 - Apr. 22  
Fridays and Saturdays,  
also Monday, Mar. 27  
2 - 5 p.m.  
Call 306-946-8878  
for appointment.

**The Watrous Manitou**

**MORE THAN PRINTING**

Photocopying, faxing,  
laminating, stamps,  
day planners, office  
supplies, PAL photos

**306.946.3343**

**APRIL**

- EASTER BINGO AND BAKE Sale, Mon., Apr. 3, Imperial St. Pius X Catholic Church. Bake Sale starts at 7 p.m. Bingo starts at 7:30 p.m. Blackout Bingo sponsored by Prairie Rubber Paving 306-539-5519./13-2c

**Watrous & Area Arts Council**

presents  
**Stars for Sask**

**Trevor Panczak**  
Saturday, April 15  
7:30 p.m.  
Watrous Civic Centre  
404 Main St., Watrous, SK  
Tickets (at the door or advance)  
Adults \$25 • Students 6-17 \$5  
5 & under FREE  
e-transfer: waac@sasktel.net  
(tickets held at door)

**COMMUNITY MEETINGS**

- AL-ANON MEETING THURSDAYS 8 p.m. Ph. 306-946-2466, 306-946-7802./22-48p

- ALCOHOLICS ANONYMOUS meetings: Watrous, Thurs., 8 p.m. Anglican Church Hall on Main Street in Watrous. (306-946-2466)/.8tfc

**COMMUNITY MEETINGS**

- WATROUS ROTARY CLUB meets alternating Tuesday evenings at the lower level of Watrous United Church. Call 306-946-3535 for more information./8tfc

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**Got grass? Get cash!**

**Ducks Unlimited Canada (DUC) programs put money back in your pocket.**

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If you have land with water and grass, you can protect its natural values while enjoying on-farm gains in soil health and stability, flood and drought protection and more.

Contact Jordin  
306-209-9760

**ag.ducks.ca**

Early deadline for advertising and news for the Apr. 10 paper is Wed., Apr. 5 at NOON. TWM will be closed Friday, Apr. 7.

**At the Watrous Centre**

Kaiser winners at the Senior Centre Monday, Mar. 20 were: first - Fred Kahlert, 217; second - Colleen Hunt, 202; third - Rod Degenstein, 185; fourth - Ruth Wylie, 183.

Anyone interested in submitting local Watrous news can do so by faxing 306-946-2026, emailing watrous.manitou@sasktel.net or stopping by the office. Anyone interested in submitting local Watrous news can do so by faxing 306-946-2026, emailing watrous.manitou@sasktel.net or stopping by the office.

**BEET WHO DIBS**  
**LIAR BOONS IMAM**  
**OTTO ARLEN OHNO**  
**WHAT DID I DOW RONG**  
**PEN OTS ABA NET**  
**ORDER MAY SMORE**  
**PORGY IRS HERDS**  
**SNUG ATEAT SEAT**  
**ENOUGH A LREADY**  
**HES EAR**  
**SHAUN SIEVE**  
**THE WHOLE SHEBANG**  
**HOLA RELIC ELSA**  
**EVER MALTAROUT**  
**MEND SHEEN TREE**

SOLUTION:

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7	3	8	1	2	4	9	5	6
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2	5	7	9	3	8	6	1	4
8	9	6	4	7	1	2	3	5
3	7	9	2	1	5	4	6	8
5	8	4	7	9	6	3	2	1
6	2	1	8	4	3	5	9	7

**Sale**

**MARCH 23 - 29**

Scotties 6 Pk. \$5.99  
Purex Bathroom Tissue \$7.99  
Option+ Vitamin D \$5.49  
Peeps Marshmallow Treats 2/\$4.00  
Lypsyl 2/\$3.00

**WATROUS PHARMACY**  
PharmaChoice 306-946-3311 (after hours: 306-946-2836)

(from page seven: CHAMPS)

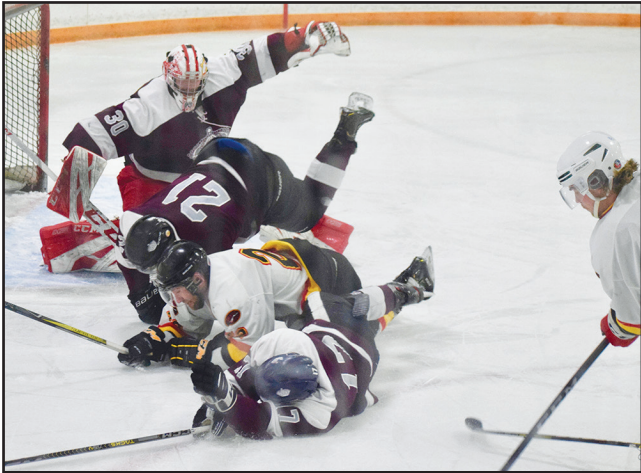
out and the community has always supported us and that is big. People like Scott Blair doing all the managerial work, Darren Blair helping out on the bench, Greg and Denise Howat doing all the work they do is unbelievable and Gord and Dianne Siegfried and Bob Bergen as well. It would be hard to be able to do what we are able to do without them and others.”

Also not wanting to forget anyone, Blair said there are a lot of people behind the scenes who make things run, allowing the team to be successful. “After every game, Denise Howat has a meal for us. Her and Greg are always running the 50/50 and Gord and Dianne Siegfried are running the front door. Herb Friesen is at the rink doing the ice and maintaining everything and even our coaches are a big part as well. Duane comes every single game hauling the equipment trailer and helps pack and unpack bags. My dad Scott and uncle Darren are also helping a lot. It is truly remarkable and it is tough to put into words how much appreciation I have for them for the hours they put in. It shows how much they care too and it is awesome.”

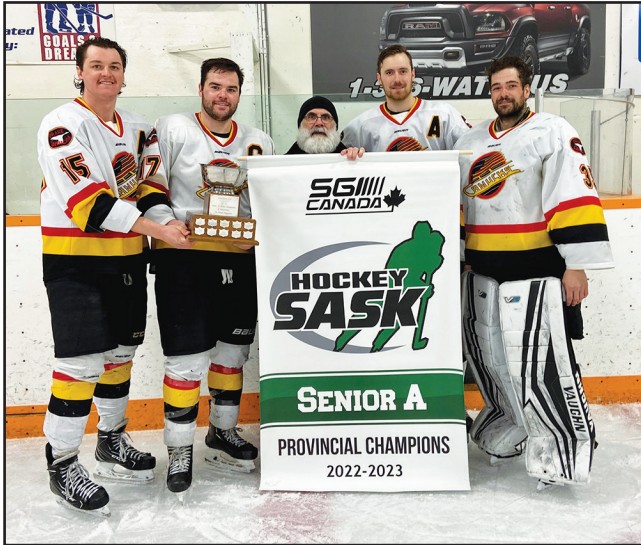
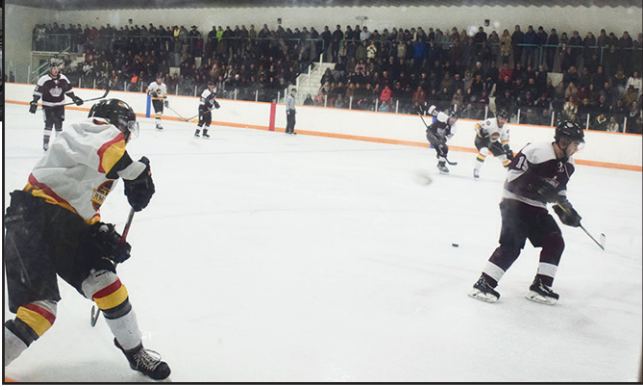
That passion and those stories about people

volunteering and doing whatever they can to help are remarkable. In the case of Cameron, it is no different as his family was in the midst of calving while embarking on a provincial run. “When we went into overtime against Kindersley, my dad had to leave the bench, go home, pull a calf, and come back as the game was ending. For him to do all that and then my mom has had to miss some games to take care of the farm too, when we are all gone, for her to look after the farm means a lot. And that is just our little story. There are so many other stories where somebody is looking after somebody and taking care of kids or whoever to make sure someone can come to the game and that is really special.”

The 2022-’23 provincial team included: Calvin Bartel (35), Justin McDonald (30), Mason Briske (1), Catlin Gusikoski (3), Eric Roy (4), David Stumborg (5), Carter Hansen (6), Maguire Blair (7), Nayte Zip (8), Terrell Draude (9), Austin McDonald (10), Zach Zadorozniak (11), Karstin McDonald (12), Emmett Scheidt (14), Nolan Blair (15), Austin Calladine (16), Cameron Blair (17), Trey Daelick (18), Maguire



Scheidt (19), Carter Coben (20), Steven Toporowski (21), Andrew Johnson (22), Travis Mayan (24), Isaac Schacher (27), John Lawrence (28), Head Coach Duane McLaren, Assistant Coach Darren Blair, and Manager Scott Blair.



photos by Daniel Bushman





# Happy Seeding!

— Fraser Tolmie

**FRASER TOLMIE**  
MEMBER OF PARLIAMENT

**frasertolmiemp.ca | (306)691-3577**

# Students from Imperial represented at Saskatchewan Winter Games

■ submitted by Kerry Hecker

A number of students who attend Imperial School went to the Saskatchewan Winter Games (Feb. 19 to 25) in Regina representing the Prairie Central District (Ethan Robinson, Makayla Nelson, and Danny Strauss) and Southwest District (Liam and Lisette Isabelle).

This year's Saskatchewan Winter Games spanned seven days, included nine district teams, 15 sports and 1,800 participants equalling one incredible experience.

Representing Imperial were: Ethan Robinson - Target Shooting, Liam Isabelle -Target Shooting, Lisette Isabelle - Target Shooting, Makayla Nelson - Target shooting and Danny Strauss - Target Shooting and Biathlon.

This was an amazing experience for these young athletes. They did very well! Some of them even

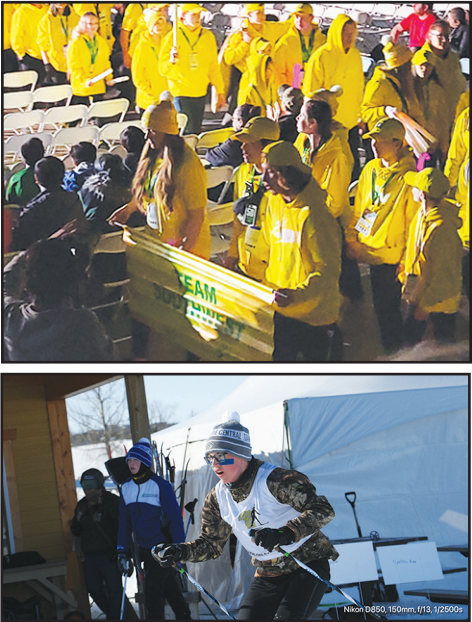
came home with a medal as a memento.

Those winning medals included: Makayla Nelson and Ethan Robinson - bronze in air pistol mixed team event (Target Shooting); Ethan Robinson - silver in air pistol superfinal (Target Shooting); Danny Strauss - bronze in air pistol superfinal (Target Shooting); Danny Strauss - gold in U16 men's individual sprint (Biathlon); and Danny Strauss - gold in U16 mixed relay team (Biathlon).

Lisette Isabelle had the honour of being one of the flagbearers for Team Southwest for the closing ceremonies.

Along with the students attending school in Imperial, local resident Kerry Hecker was the Biathlon coach while Lowell Strauss was the Target Shooting coach for Prairie Central District.

Biathlon is an Olympic



photos courtesy Kerry Hecker

winter sport, which combines competitive, free-technique cross-country skiing and small-bore rifle marksmanship. The combination of two very contradictory disciplines, skiing and shooting, in the same competition confronts an athlete with a very demanding challenge. Cross-country racing requires intense, full out physical exertion over an extended period of time while shooting demands extremely fine control and stability.

Target shooting includes 10 meter air pistol and 10 meter air rifle, Olympic shooting events governed by the International Shooting Sport Federation (ISSF). They are competitions for accuracy and precision, bullseye targets shot with 4.5 mm (or .177) calibre air guns at a distance of 10 metres (11 yards). The match consists of a qualification round of 60 competition shots within 75 minutes.

The Saskatchewan Games provides an opportunity for the province's developing athletes, coaches and officials to participate in a multi-sport event in preparation for a higher level of competition.



## NOTICE

The Tax Enforcement Act

**TAKE NOTICE** that the **Village of Liberty** intends to be registered as owner under the above Act of the land described below.

**Name of Assessed Owner**  
Al Alto, Calgary, AB

**Legal Description of Lands, including title numbers**  
Lot 13, Block 7 Plan E1266, Extension 0, Title #101330952, Surface Parcel #102368819  
Lot 14, Block 7, Plan E1266, Extension 0, Title #129921341, Surface Parcel #102368943

The municipality claims title to the land by virtue of an interest based on the tax lien registered against the existing title to the land in the Land Titles Registry as Interest Number 101330952 & 101330963 and you are required to **TAKE NOTICE** that unless you contest the claim of the municipality or redeem the land pursuant to the provisions of the above Act within six months from the service of this notice on you and, subject to the further provisions of *The Tax Enforcement Act*, a certificate of title will be issued to the applicant and you will thereafter be forever estopped and debarred from setting up any claim to, or in respect of, the land.

The amount required to redeem the land may be ascertained on application to the Clerk, Treasurer or Administrator of the municipality.

Dated this 27th day of March, 2023  
Yvonne (Bonny) Goodsman, *Treasurer*

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Someone to work in our lumber yard and warehouse who can provide amazing customer service, is self-motivated and has at least a Class 5 Driver's Licence. Forklift experience and knowledge of building materials would be an asset, but we would be happy to train the right person!

**Drop off your resume in person at Home Hardware or email it to [watrous@homehardware.ca](mailto:watrous@homehardware.ca)**

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